

24 Toe-to-Toe

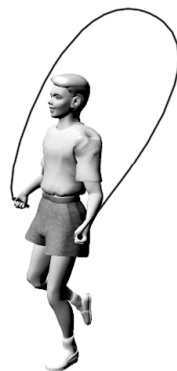
Prerequisite: none

cues: *right • left • right • left*

STEPS

1. Jump over the rope and land on your left foot, touching your right toe to the floor about 6" to 12" in back.
2. Jump over the rope and land on your right foot, touching your left toe to the floor in back.

1



2



tips: Don't put any weight on the toe in back; keep all your weight on your front foot. • Lightly touch the tip of the toe in back. • Wait until the rope passes your back toe before you touch your toe to the floor.